

# Teen Sports & Active Recreation

## KEMPO KARATE INTERMEDIATE/ADVANCED

Students will learn self defense techniques against grabs, punches, and kicks. They will gain confidence, self control, discipline, strength, focus, respect, and build character. Sparring will be practiced with matches and sparring drills. All students must purchase their own safety gear.

Instructors: Sifu Arceli Bell & Sifu Marieta De La Cruz

Location: Centennial Recreation Center, Multipurpose Room

Activity#	Date	Day	Time	Age	Sessions
FCRU025	9/7-9/28	T	6:15pm-7:15pm	8yrs+	4
FCRU026	10/5-10/26	T	6:15pm-7:15pm	8yrs+	4
FCRU027	11/2-11/30	T	6:15pm-7:15pm	8yrs+	5
FCRU028	12/7-12/28	T	6:15pm-7:15pm	8yrs+	4

Activity#	Date	Day	Time	Age	Sessions
FCRU029	9/9 - 9/30	TH	6:15pm-7:15pm	8yrs+	4
FCRU030	10/7-10/28	TH	6:15pm-7:15pm	8yrs+	4
FCRU031	11/4-12/2*	TH	6:15pm-7:15pm	8yrs+	4
FCRU032	12/9-12/30	TH	6:15pm-7:15pm	8yrs+	4

Activity#	Date	Day	Time	Age	Sessions
FCRU033	9/7 - 9/30	T/TH	6:15pm-7:15pm	8yrs+	8
FCRU034	10/5-10/28	T/TH	6:15pm-7:15pm	8yrs+	8
FCRU035	11/2-11/30*	T/TH	6:15pm-7:15pm	8yrs+	9
FCRU036	12/7-12/30	T/TH	6:15pm-7:15pm	8yrs+	8

\*No Class 11/25

Material Fee: \$99 (to be paid to instructor in class) Includes: Uniform, white belt, gloves, one large Kempo patch, and a folder with written material. No material fee is required for the first class, but student cannot earn patches or color belt without a uniform.

4 week session

Resident: \$65 / CRC Member: \$60

Non Resident: \$75 / CRC Member: \$65

5 week session

Resident: \$70 / CRC Member: \$65

Non Resident: \$80 / CRC Member: \$70

8 week session

Resident: \$85 / CRC Member: \$80

Non Resident: \$95 / CRC Member: \$85

### DROP IN TENNIS

"Drop in" to play,  
no partner required.



Location:  
Community Park, Tennis Courts

**Every Saturday 10am-12pm**

Open to the public

Free

## TEEN TENNIS LEAGUE

This junior program is designed for the individual who already knows how to play the game. He/she should be able to hit balls and rally consistently with a partner. The emphasis of the program is skill development and preparation for match play with the goal to prepare The Juniors for USA Team Tennis play. Bring a tennis racket and dress appropriately.

Instructor: Mike Myers 408-828-6501

Location: Community Park, Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
FPKT017	9/30-10/21	TH	4:30pm-5:30pm	13-18yrs	4
FPKT018	11/4-12/2*	TH	4:30pm-5:30pm	13-18yrs	4

\*No Class 11/25

Resident: \$53 / CRC Member: \$48

Non Resident: \$58 / CRC Member: \$53

## FUNDAMENTALS OF TENNIS

This is a course designed to teach the fundamentals, proper techniques and skill development to the players. Bring a tennis racket and dress appropriately. Space is limited, so sign up now!

Instructor: Michael Myers 408-828-6501

Location: Community Park, Tennis Courts

Activity#	Date	Day	Time	Age	Sessions
FPKT019	9/8-10/13	W	4:30pm-5:00pm	13-18yrs	6
FPKT020	10/20-12/1*	W	4:30pm-5:00pm	13-18yrs	6

\*No Class 11/24

Resident: \$77 / CRC Member: \$72

Non Resident: \$82 / CRC Member: \$77



## MORGAN HILL GET FIT

Open House, 5K and Family Run

**October 16**  
**8am-12pm**

Group Demo  
Fitness Tips  
Activities  
Free Food, Fun  
& Giveaways

Centennial Recreation Center  
171 W Edmondson Ave  
www.mhcrz.com • 782-2128

TEENS